



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

Public Health Alert

March 25, 2022- The Behavioral Health Services Division of the Frederick County Health Department wants to inform the community of a recent rise in overdose deaths. Preliminary data from the Frederick County Health Department shows an increase in overdose deaths in March. There have been 7 fatalities in March to date in Frederick County. Four of the seven fatalities have occurred in the past week.

The increase in fatalities could indicate the current illicit drug supply has a high potency and individuals who use drugs are at higher risk for a fatal overdose.

This increase in overdose deaths calls for increased outreach, education and Narcan distribution. We ask the community to consider the following:

- Become trained in overdose response.
- Obtain Narcan, always have it with you.
- If you or someone you know is in need of support, reach out. Call us at 240-549-3775.
- If you are a person who uses drugs, practice overdose prevention strategies.

Overdose prevention strategies include:

- Obtain Narcan, always have it with you.
- Do not use alone.
- If you do use alone, ask someone to check on you and do not use behind a locked door.
- If you have not used drugs in a while, your tolerance will be lower placing you at higher risk of overdose.
- If you have previously overdosed, you are at greater risk of a fatal overdose.
- There is a greater risk of overdose when using other drugs at the same time as opioids, especially alcohol and benzodiazepines.
- Test your drugs. Fentanyl is found in all of the illicit drug supply, not just in opioids.
- Use slowly, test a small amount of the drug first. You can always use more, but cannot use less.

The Frederick County Health Department Behavioral Health Services offers free harm reduction services, including overdose response training, overdose prevention education, Narcan, fentanyl test strips, peer support and referrals to treatment and community supports.

For more information, please call 301-600-1777.

Email harmreductionservices@frederickcountymd.gov.

Visit <https://health.frederickcountymd.gov/540/Harm-Reduction-Services>.

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